

# Forever Fit Gym

## Class Schedule 2021

	Zumba	Yoga & Pilates	Kettlebell	Crossfit	BLA	Insanity
Monday	7:00 – 8:00	10:00 – 11:00	Off	14:00 – 15:15	17:00 – 18:00	Off
Tuesday	Off	10:00 - 11:00	14:00 – 15:00	Off	Off	17:00 -18:00
Wednesday	7:00 – 8:00	10:00 – 11:00	Off	14:00 – 15:15	17:00 – 18:00	Off
Thursday	Off	10:00 - 11:00	14:00 – 15:00	Off	Off	17:00 -18:00
Friday	7:00 – 8:00	10:00 – 11:00	Off	14:00 – 15:15	17:00 – 18:00	Off
Saturday	No classes					
Sunday	No classes					

Email: [info@ffgym.co.uk](mailto:info@ffgym.co.uk)  
Telephone: 01764 456 789

Address:  
20 Main street  
Stirling  
FK7 9AP